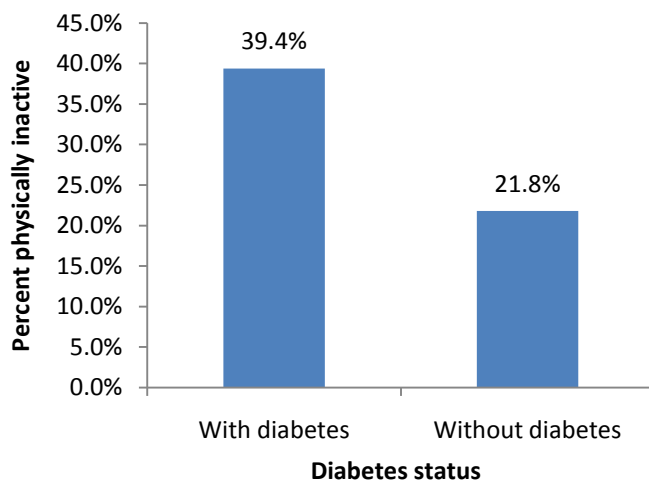


## Physical Activity among Adults with Diabetes

Regular physical activity is associated with improved carbohydrate metabolism and insulin sensitivity, and therefore can contribute to the prevention of diabetes complications. Not participating in enough physical activity is referred to as having a sedentary lifestyle. Sedentary lifestyle is defined as not having participated in any leisure-time physical activity in the past 30 days (e.g., light housecleaning, bowling, golf, walking).

- In 2010, 23.3% of adults in Virginia reported no leisure time physical activity. White men and Hispanic/Latina women were most likely to report being physically active; in all other groups, between one third and one fourth of persons reported being physically inactive.
- In 2010, 39.4% of adults with diabetes reported being sedentary, compared to 21.8% of adults without diabetes. Persons with diabetes are nearly twice as likely to be sedentary as those without diabetes.

**Sedentary lifestyle by diabetes status, Virginia, 2010**



Source: Behavioral Risk Factor Surveillance System (BRFSS), 2010.

Data note: Percents are weighted based on demographic and household characteristics.

### Healthy People 2020 Objectives:

(D-16.1) Increase to 49% the proportion of persons at high risk for diabetes who have increased their levels of physical activity.

(PA-1) Reduce the proportion of adults who engage in no leisure-time physical activity to 33%.

Sources: Centers for Disease Control and Prevention - [Be Active - Diabetes & Me](#), [www.cdc.gov/diabetes/](http://www.cdc.gov/diabetes/); Virginia BRFSS, 2010.